

# MOTIVATION SPECIAL!

# RUNNER'S<sup>®</sup>

WORLD

**Fitter  
Stronger  
Faster!**

**BEAT  
KNEE  
PAIN  
FOR  
EVER**

**FREE!  
SHOE  
GUIDE**

**66**

**+**

**TOO  
MUCH?**







PERFORMANCE MASTERED  
**M e t a R u n**



































































































































































































































































































